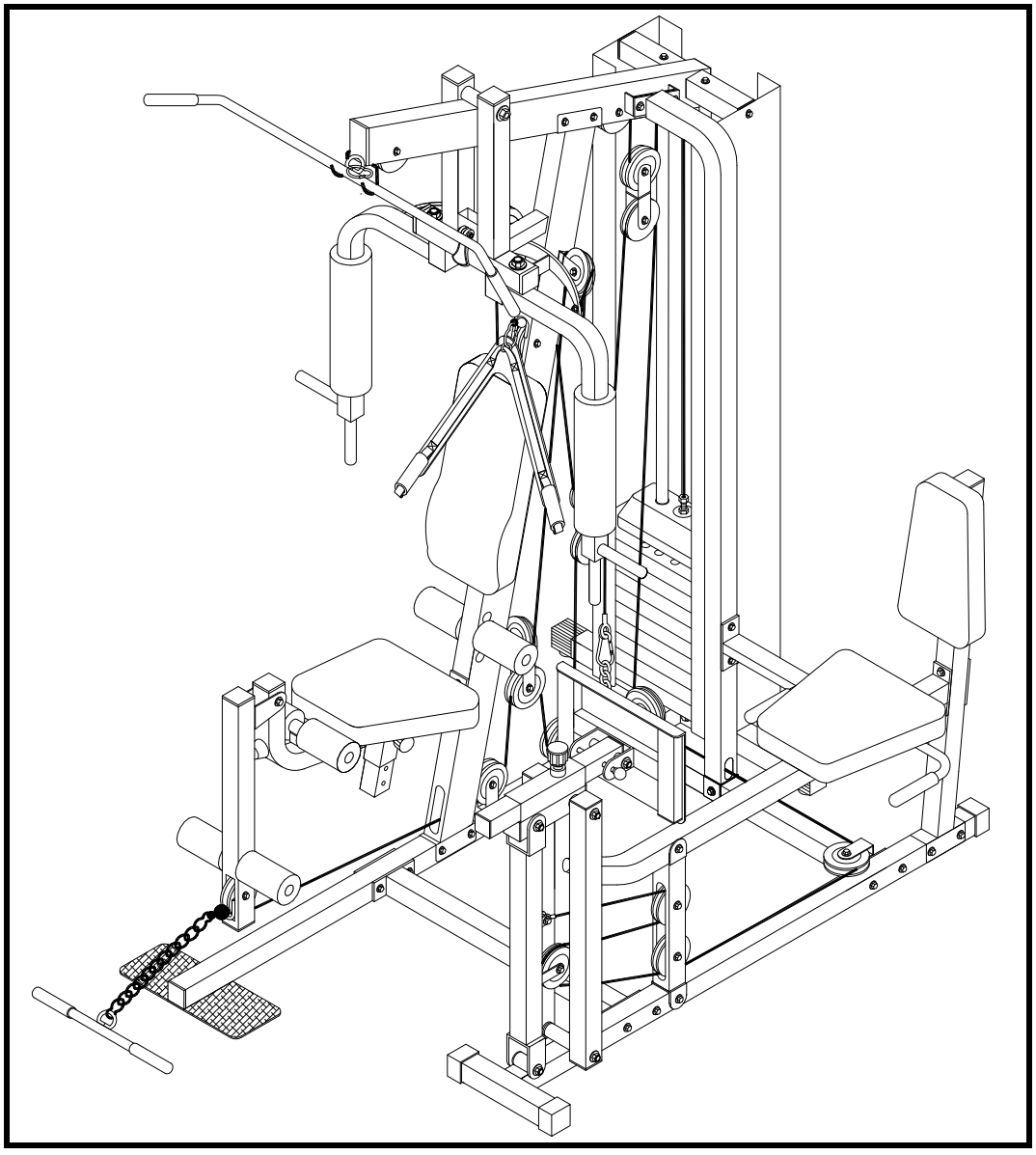
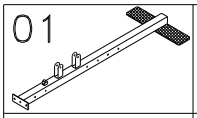
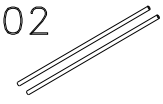
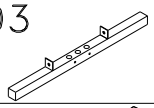
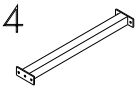
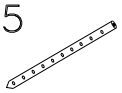
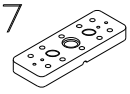
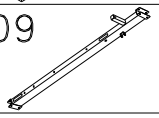
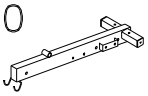
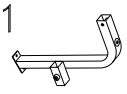
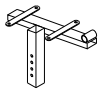
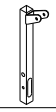
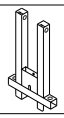
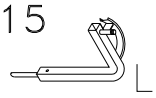
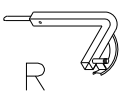
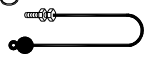
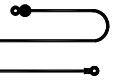
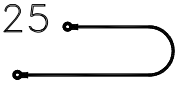
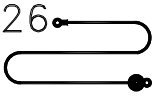
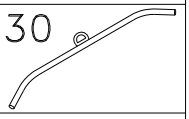
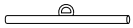
BODYWORX

HOME GYM with Leg Press

Model no. L7900LP



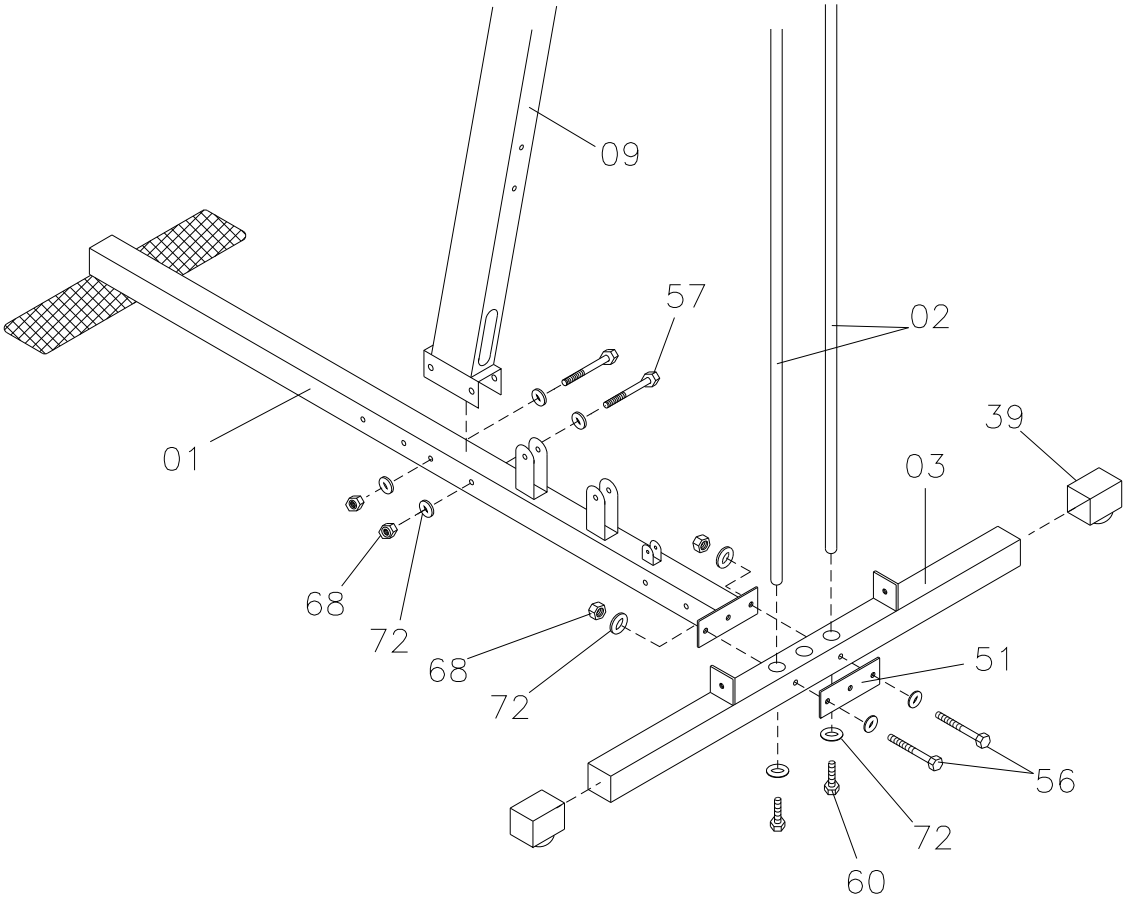
OWNER'S MANUAL

01 	02 	03 	04 	05 	06
07 	08	09 	10 	11 	12 
13 	14 	15  L	16  R	17	18
19	20	21	22	23 	24 
25 	26 	27	28	29	30 
31 	32	33	34	35	36
37	38	39	40	41	42
43	44	45	46 ø10.5x56L	47 ø48xø13x3t	48
49	50	51	52	53	54 M12X80mm
55 M10X125MM	56 M10X75mm	57 M10X70mm	58 M10X45mm	59 M10X30mm	60 M10X25mm
61 M8X115MM	62 M8X60MM	63 M8X45mm	64 M8X15mm	65 M10	66 M16
67 M12	68 M10	69 M8	70 M16	71 M12	72 M10
73 M8	74	75	76	77	78
79	80	81	82	83	84
85	86	87	88	89	90
91	92 M8X65MM	93	94	95	96 M6X30mm
97 M6	98	99 M12X125mm	100 12mm	101	102
103	104				

PART LIST

PART NO:	DESCRIPTION	Q'TY
1.	MAIN BASE	1
2.	GUIDE ROD	2
3.	LEFT BASE	1
4.	RIGHT BASE	1
5.	SELECTOR SHAFT	1
6.	TOP PLATE	1
7.	WEIGHT STACK	11
8.	RUBBER DOUNT	2
9.	VERTICAL BEAM	1
10.	TOP CROSS BEAM	1
11.	SEAT SUPPORT	1
12.	SEAT ASSEMBLY UNIT	1
13.	LEG EXTENSION/ARM CURL BAR	1
14.	PRESS BAR	1
15.	LEFT PEC DECK ARM	1
16.	RIGHT PEC DECK ARM	1
17.	PRESS PIN	1
18.	SEAT	2
19.	BACK SEAT	1
20.	PULLEY BLOCK	2
21.	FLOATING PULLEY BLOCK(A)	1
22.	FLOATING PULLEY BLOCK(B)	2
23.	WEIGHT STACK CABLE 2350MM	1
24.	LAT BAR CABLE 2750MM	1
25.	PEC DECK CABLE 3250MM	1
26.	CURL BAR CABLE 4850MM	1
27.	CHAIN	3
28.	PEC DECK PAD	2
29.	LEG EXTENSION/CURL PAD	6
30.	LAT BAR	1
31.	CURL BAR	1
32.	PAD HOLDER	3
33.	HANDLE PIPE	2
34.	PULLEY	19
35.	HAND GRIP	10
36.	CHAIN HOOK	6
37.	RUBBER BUMPER	2
38.	PLASTIC BUSHING	14
39.	RUBBER END CAP	2
40.	RUBBER CAP	3
41.	50*50MM SQUARE END CAP	14
42.	38*38 MM SQUARE END CAP	3
43.	25*50MM SQUARE END CAP	4
44.	25MM ROUND END CAP	6
45.	25MM ROUND BUSHING	1
46.	QUICK PIN	1
47.	OD48MM*ID13MM WASHER	1
48.	PIN FOR WEIGHT SATCK	1
49.	ADJUSTABLE POP PIN	2
50.	STEEL PLATE (LONG)	1
51.	STEEL PLATE (SHORT)	2
52.	OIL BUSHING 19MM	14

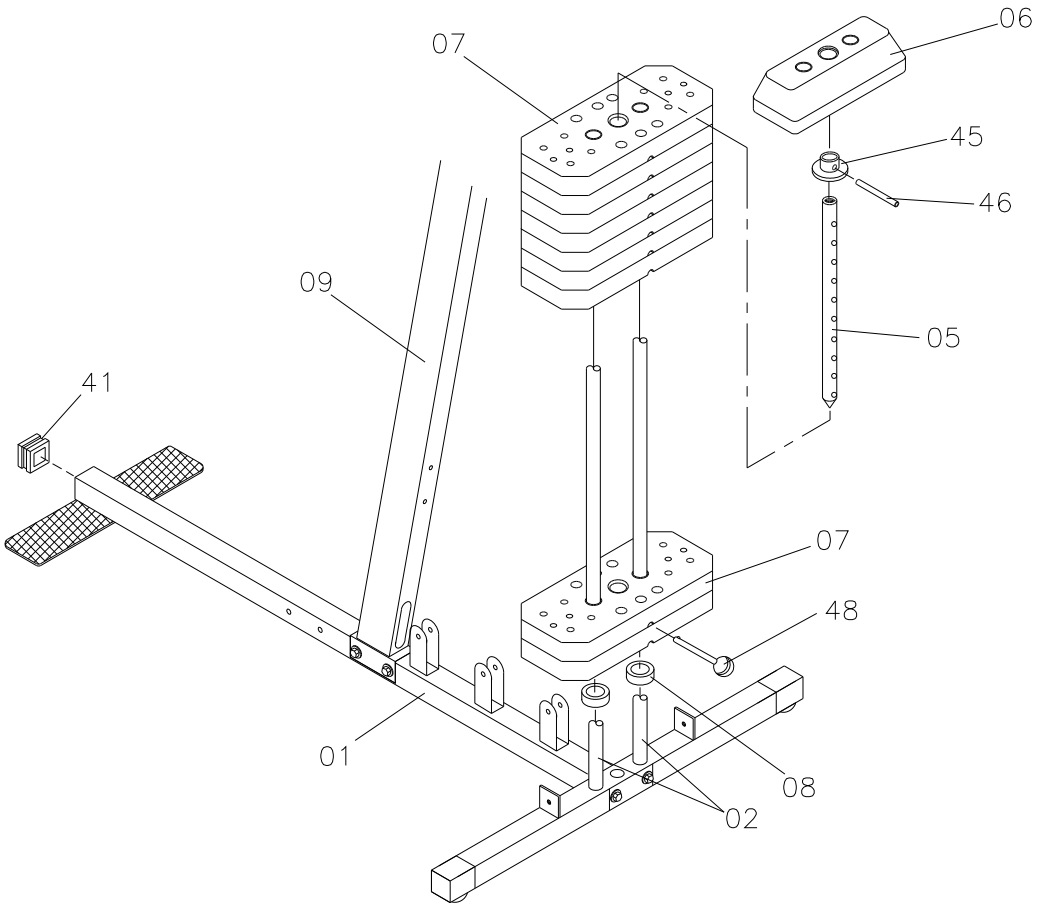
PART NO:	DESCRIPTION	Q'TY
53.	PRESS BAR SHAFT	1
54.	M12*80MM HEX BOLT	1
55.	M10*125MM HEX BOLT	2
56.	M10*75MM HEX BOLT	6
57.	M10*70MM HEX BOLT	26
58.	M10*45MM HEX BOLT	12
59.	M10*30MM HEX BOLT	2
60.	M10*25MM HEX BOLT	8
61.	M8*115MM HEX BOLT	2
62.	M8*60MM HEX BOLT	2
63.	M8*45MM HEX BOLT	2
64.	M8*15MM HEX BOLT	12
65.	M10 NUT	2
66.	M16 NYLON NUT	12
67.	M12 NYLON NUT	2
68.	M10 NYLON NUT	48
69.	M8 NYLON NUT	4
70.	M16 WASHER	12
71.	M12 WASHER	4
72.	M10 WASHER	104
73.	M8 WASHER	26
74.	SQUARE CAP □26x□38 MM	2
75.	BUFFER 40x40 MM	2
76.	WEIGHT COVER	2
77.	ANKLE STRAPE	1
78.	TRICEPS STRAPE	1
79.	LEFT BASE	1
80.	LEFT UPRIGHT FRAME	1
81.	REAR SEAT FRAME	1
82.	SEAT FRAME SUPPORT	1
83.	LEG PRESS CONNECTOR (A)	1
84.	LEG PRESS CONNECTOR (B)	2
85.	LEG PRESS SUPPORT	1
86.	PEDAL	1
87.	PEDAL SUPPORT	1
88.	REAR BACK PAD	1
89.	PRESS BAR SHAFT Ø19*240MM	2
90.	PRESS BAR SHAFT Ø19*112MM	2
91.	45MM SQUARE END CAP	3
92.	M8*65MM HEX BOLT	2
93.	RIGHT BACK BASE	1
94.	FASTENING	1
95.	SPRING	1
96.	M6*30MM HEX BOLT	1
97.	M6 NYLON NUT	1
98.	50*100MM SQUARE END CAP	2
99.	M12*125MM HEX BOLT	1
100.	OIL BUSHING 12MM	2
101.	QUICK PIN	1
102.	SPRING WASHER	2
103.	RIGHT TOP CONNECTOR	1
104.	BACK SEAT TUBE	1



STEP 01

1. PLACE RUBBER END CAP (39) ONTO BOTH ENDS OF LEFT BASE (03).
2. INSERT GUIDE RODS (02) TO LEFT BASE (03) WITH M10*25MM BOLT (60), M10 WASHER (72) AS SHOWN.
3. ATTACH MAIN BASE (01) TO LEFT BASE (03) USE STEEL PLATE (SHORT) (51) WITH M10*75MM BOLT (56), M10 WASHER (72) AND M10 NYLON NUT (68) AS SHOWN.

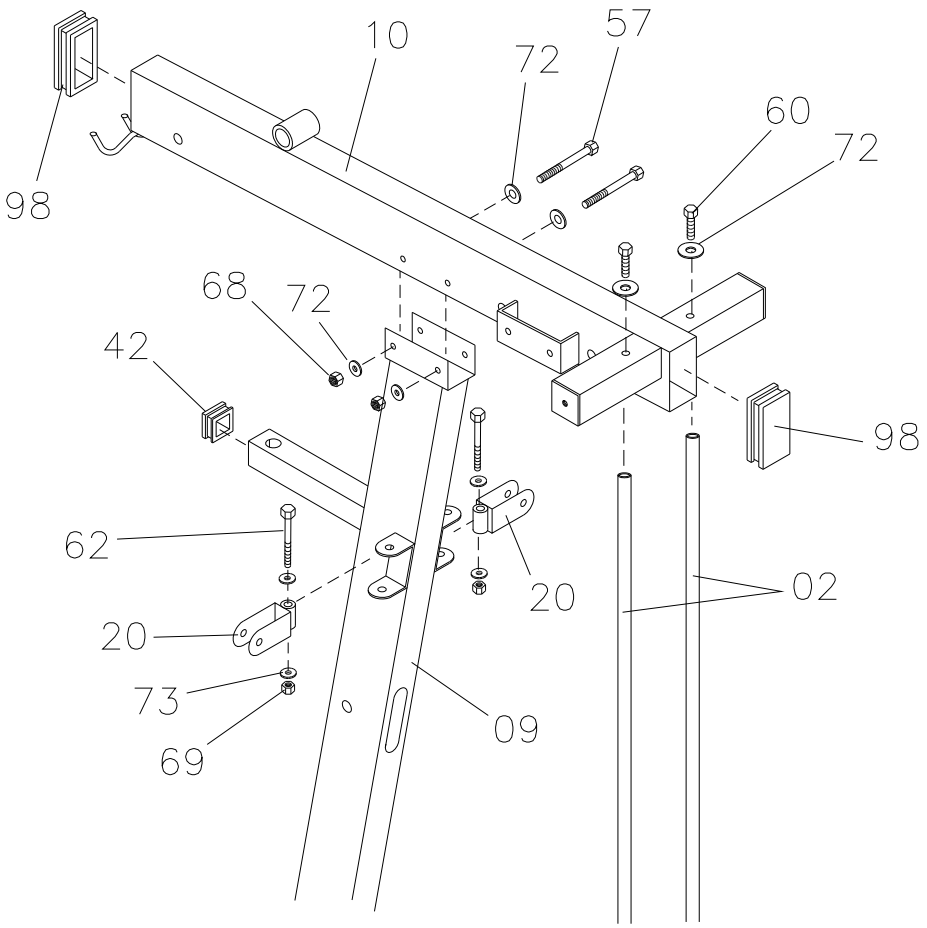
   FASTEN ALL BOLTS BY USING TOOL.
4. ATTACH VERTICLE BEAM (09) TO MAIN BASE (01) WITH M10*70MM BOLT (57), M10 WASHER (72) AND M10 NYLON NUT (68) AS SHOWN.



STEP 02

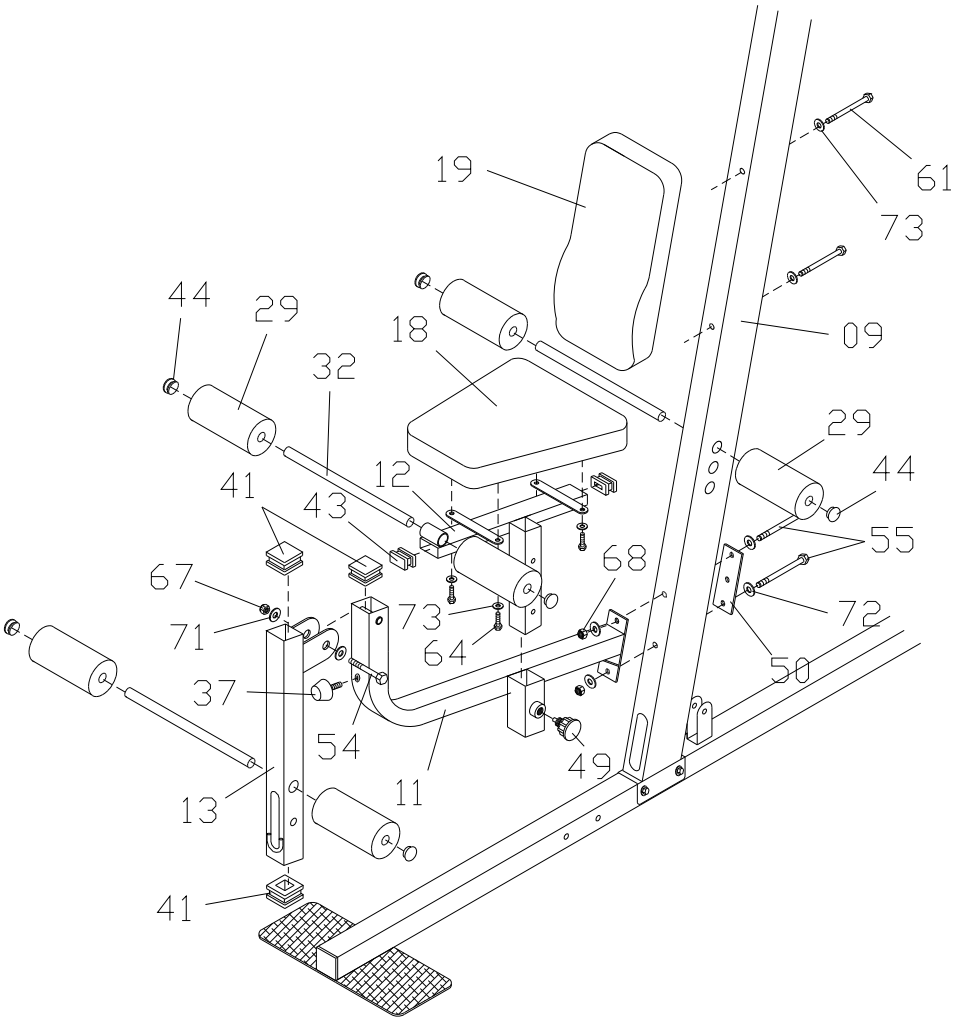
1. ATTACH THE RUBBER DOUNT (08) ONTO THE GUIDE ROD (02).
2. SLIDE THE WEIGHT PLATE (07) AND TOP PLATE (06) OVER GUIDE ROD (02).

   GROOVED SIDE OF WEIGHT PLATES SHOULD FACE DOWN
3. INSTALL 25MM ROUND BUSHING (45) INTO THE SELECTOR SHAFT (05). WITH PIN (46) THEN ATTACH THE SELECTOR SHAFT (05) INTO THE TOP PLATE (06) AS SHOWN.
4. PLACE 50MM SQUARE CAP (41) ONTO FRONT BASE (01).



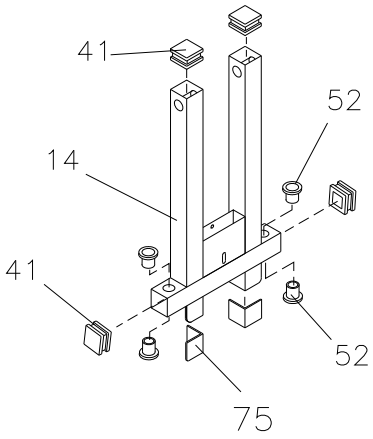
STEP 03

1. PLACE 50*100MM SQUARE CAP (98) ONTO TOP CROSS BEAM (10).
2. ATTACH TOP CROSS BEAM (10) ONTO THE VERTICLE BEAM (09) WITH M10*70MM BOLT (57), M10 WASHER (72) AND M10 NYLON NUT (68) AND CONNECT THE GUIDE RODS (02) TO THE TOP CROSS BEAM (10) AS SHOWN.
3. ATTACH RUBBER BUMPER (37) TO THE VERTICLE BEAM (09).
4. ATTACH PULLEY BLOCK (20) TO THE VERTICLE BEAM (09), USE M8*60MM BOLT (62) WITH M8 WASHER (73) AND M8 NUTS (69).
5. PLACE 38MM SQUARE CAP (42) ONTO VERTICLE BEAM (09).



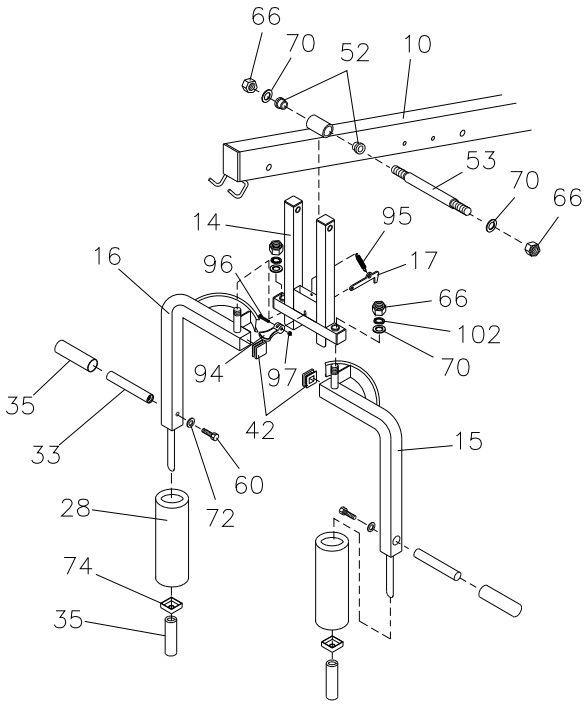
STEP 04

1. PLACE 50MM SQUARE CAP (41) ONTO BOTH ENDS OF LEG EXTENSION /ARM CURL BAR (13).
2. ATTACH SEAT SUPPORT (11) TO VERTICLE BEAM (09), WITH STEEL PLATE (50) M10*125MM BOLT (55), M10 WASHERS (72), AND M10 NYLON NUT (68).
3. ATTACH SEAT ASSEMBLY UNIT (12) TO SEAT SUPPORT (11) AS SHOWN.
4. ATTACH LEG EXTENSION /ARM CURL BAR (13) TO SEAT SUPPORT (11).
5. ATTACH BACK SEAT (19) TO VERTICLE BEAM (09) AS SHOWN.
6. ATTACH SEAT (18) TO SEAT ASSEMBLY UNIT (12) AS SHOWN.
7. SLIDE PAD HOLDERS (32) INTO THE HOLE PROVIDED.
8. SLIDE LEG EXTENSION/CURL PADS (29) ONTO PAD HOLDERS (32).
9. PLACE 25MM ROUND CAP (44) ONTO PAD HOLDERS (32).



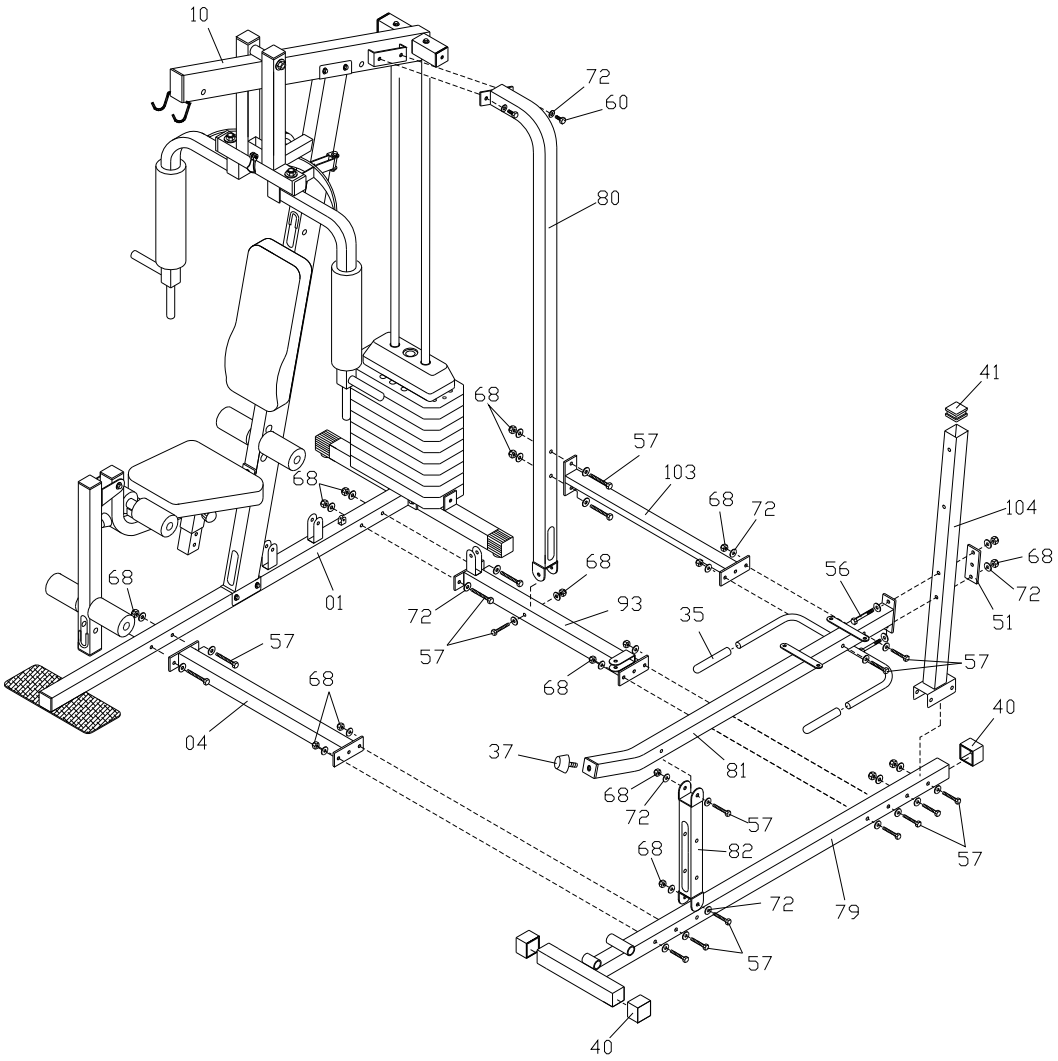
STEP 05

1. PLACE 50MM SQUARE CAP (41) INTO BOTH ENDS OF PRESS BAR (14).
1. INSTALL OIL BUSHING (52) INTO THE PRESS BAR (14).
2. PLACE BUFFER (75) TO PRESS BAR (14) AS SHOWN.



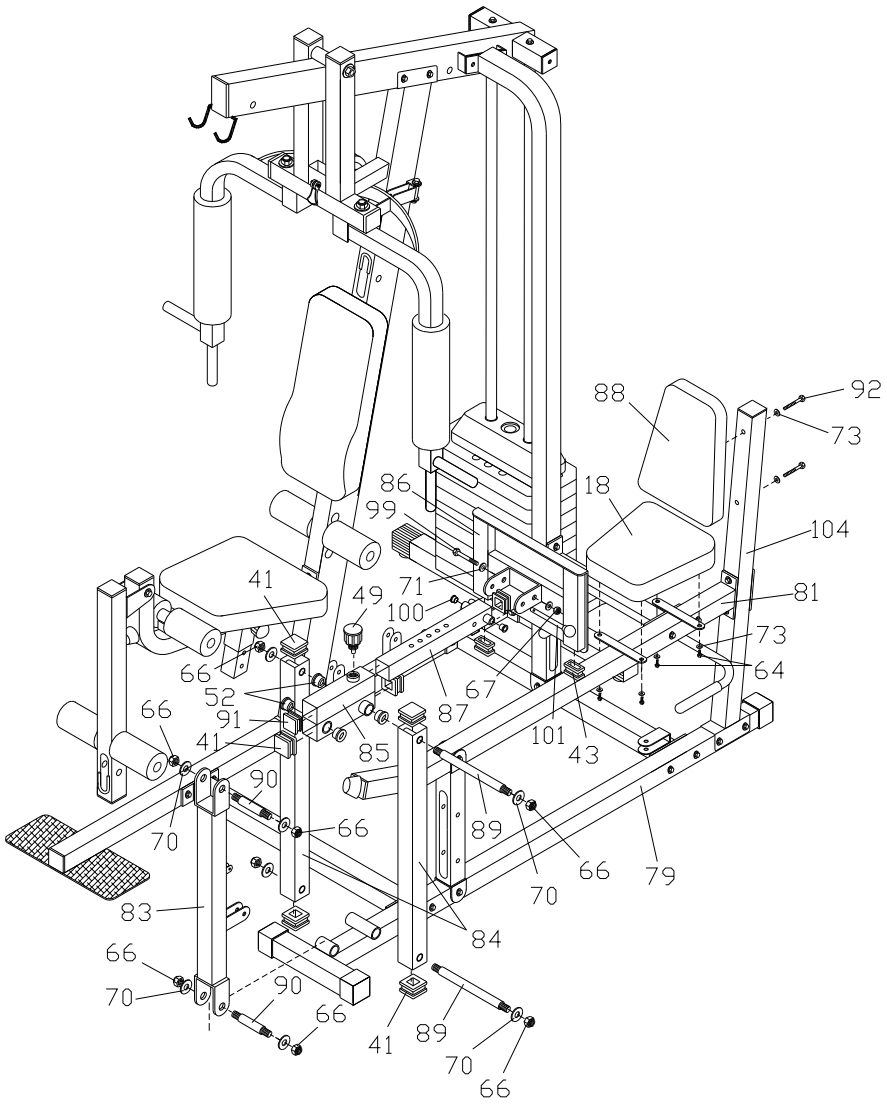
STEP 06

1. ATTACH PRESS BAR (14) TO TOP CROSS BEAM (10) WITH PRESS BAR SHAFT (53) AND OIL BUSHING (52) M16 WASHER (70) M16 NYLON NUT (66) AS SHOWN.
2. ATTACH PEC DEC PAD (28) AND HAND GRIP (35) SLIDE ONTO PEC DEC ARM (15&16).
3. ATTACH HANDLE PIPE (33) AND HAND GRIP (35) TO PEC DEC ARM (15&16) WITH M10 BOLT (60), M10 WASHER (72) AS SHOWN.
4. INSTALL PEC DEC ARM (15&16) TO PRESS BAR (14) WITH M16 WASHER (70) SPRING WASHER (102) AND M16 NYLON NUT (66) AS SHOWN.
5. PLACE PRESS PIN (17) INTO PRESS BAR (14) USE FASTENING (94) WITH M6*30MM BOLT (96) M6 NYLON NUT (97) AND SPRING (95) AS SHOWN.



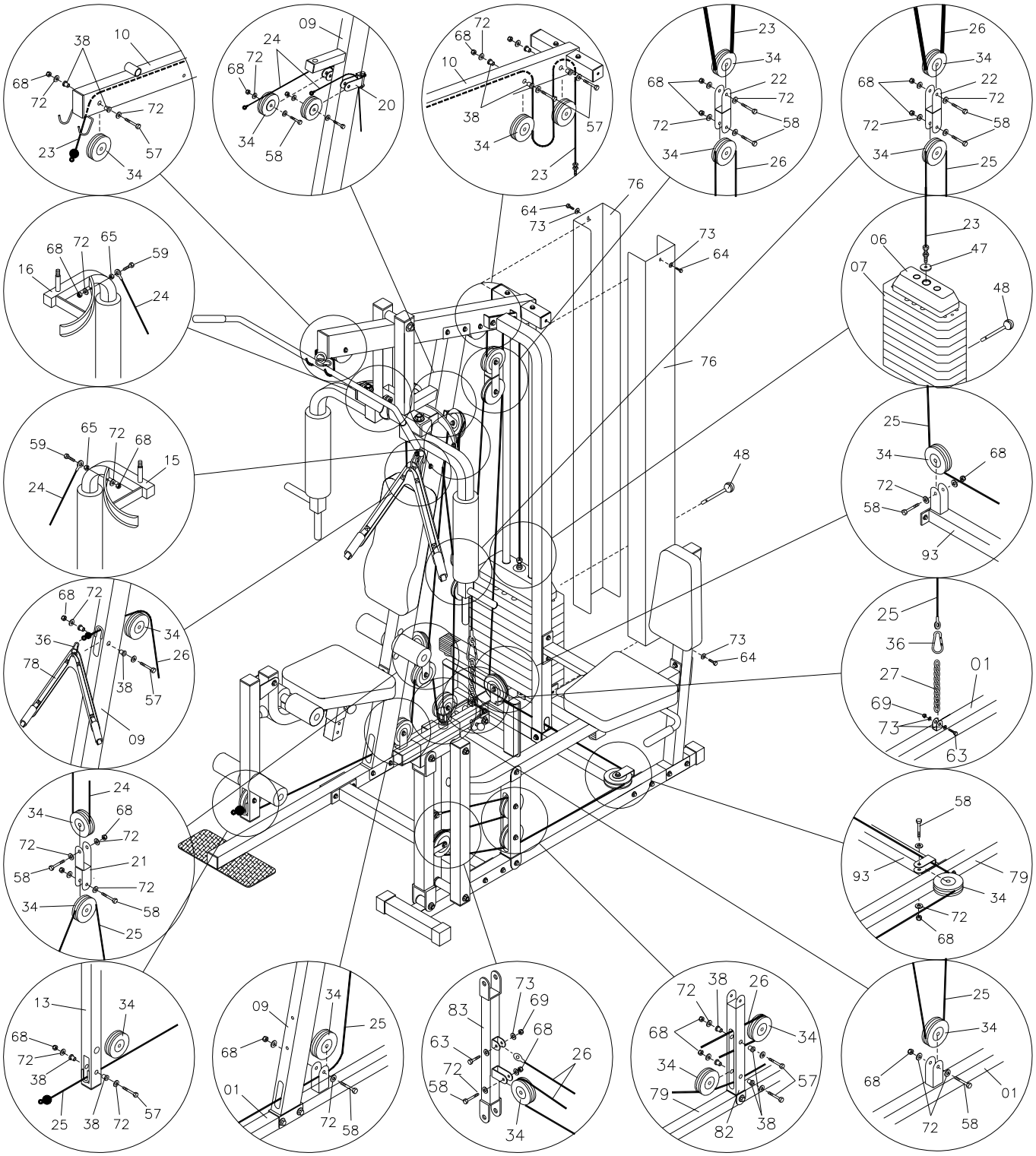
STEP 07

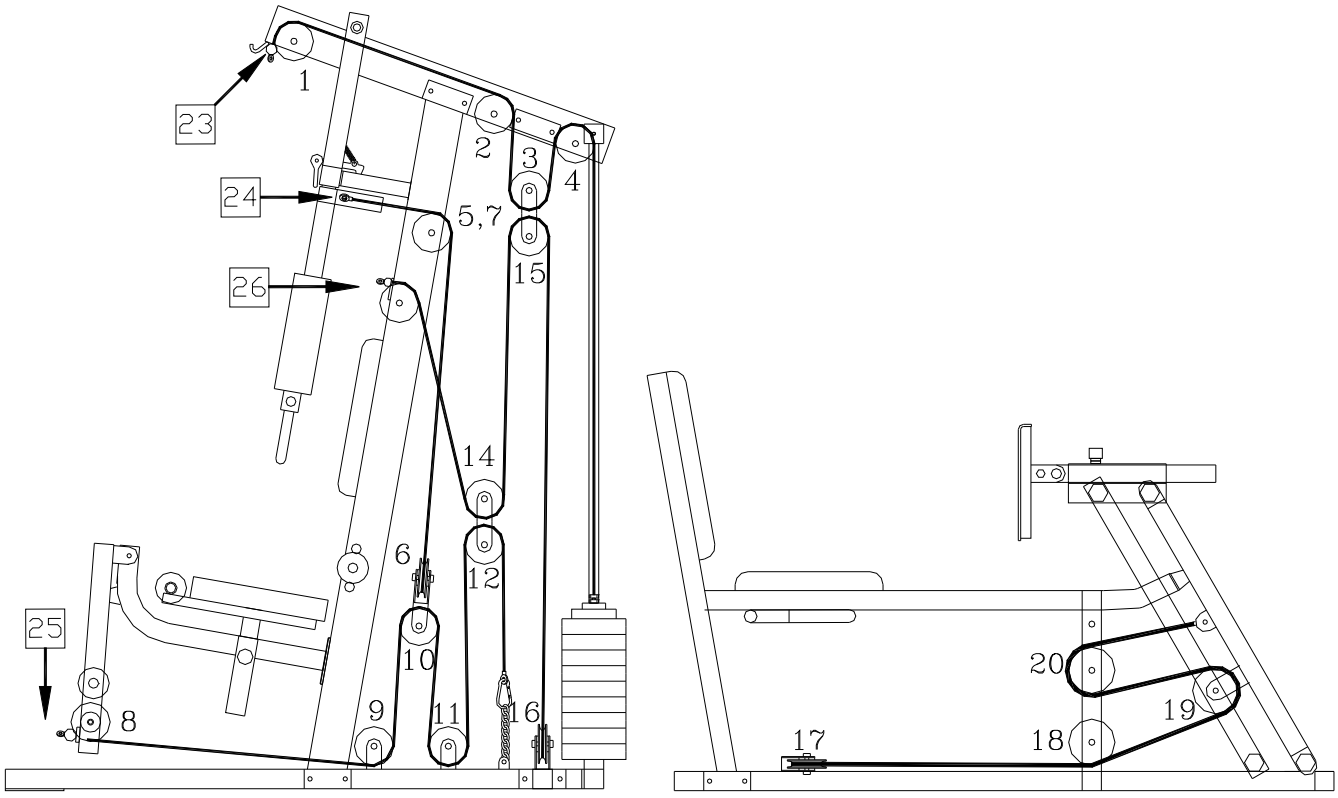
1. PLACE RUBBER CAP (40) ONTO BOTH ENDS OF LEFT BASE (79).
2. ATTACH RIGHT BASE (04) AND RIGHT BACK BASE (93) ONTO LEFT BASE (79) AND MAIN BASE (01) USE WITH M10*70MM BOLT (57), M10 WASHER (72) AND M10 NYLON NUT (68) AS SHOWN.
3. ATTACH LEFT UPRIGHT FRAME (80) ONTO RIGHT BACK BASE (93) AND TOP CROSS BEAM (10) AS SHOWN.
4. ATTACH SEAT FRAME SUPPORT (82) TO LEFT BASE (79).
5. ATTACH BACK SEAT TUBE (104) ONTO LEFT BASE (79). USE WITH M10*70MM BOLT (57), M10 WASHER (72) AND M10 NYLON NUT (68).
6. ATTACH REAR SEAT FRAME (81) ONTO THE SEAT FRAME SUPPORT (82) THEN, ATTACH THE OTHER END TO BACK SEAT TUBE (104), AS SHOWN.
7. SECURE RUBBER STOPPER (37) ON THE REAR SEAT FRAME (81).
8. ATTACH HAND GRIP (35) TO REAR SEAT FRAME (81) AS SHOWN.



STEP 08

1. PLACE 50MM SQUARE END CAP (41) TO BOTH ENDS OF LEG PRESS CONNECTOR (84) AND LEG PRESS SUPPORT (85) AS SHOWN.
2. INSTALL OIL BUSHING (52) INTO THE LEFT BASE (79) AND LEG PRESS SUPPORT (85) AS SHOWN.
3. ATTACH LEG PRESS CONNECTOR (83,84), TO THE LEFT BASE (79), AND LEG PRESS SUPPORT (85) SECURE PRESS BAR SHAFT (89,90), M16 WASHERS (70), AND M16 NUTS (66) AS SHOWN.
4. PLACE 2PCS 25*50MM SQUARE END CAP (43) AND 45MM SQUARE END CAP (91) ONTO PEDAL (86) AS SHOWN.
5. INSTALL PEDAL SUPPORT (87) INTO PEDAL (86) WITH M12*125MM BOLT (56), M12 WASHER (71) M12 NYLON NUT (67) AND QUICK PIN (101) AS SHOWN.
6. ATTACH PEDAL SUPPORT (87) TO LEG PRESS SUPPORT (85) SECURE WITH ADJUSTABLE POP PIN (49) AS SHOWN.
7. ATTACH REAR BACK PAD (88) TO BACK SEAT TUBE (104).
8. ATTACH SEAT (18) TO REAR SEAT FRAME (81) AS SHOWN.


38
10
68
72
72
23
57
34
09
24
72
68
20
34
58
72
68
10
38
57
34
23
23
34
68
22
72
72
58
34
26
26
34
68
22
72
72
58
34
25
76
64
73
73
64
76
48
68
72
65
59
16
24
65
72
68
59
24
15
68
72
34
36
26
78
38
57
09
24
34
68
72
72
21
58
72
34
58
25
13
34
68
72
38
25
38
72
57
09
34
25
68
01
72
58
73
69
83
68
63
26
72
58
34
72
38
26
68
34
34
57
79
82
38
25
34
68
01
72
58
06
23
47
07
48
25
34
68
72
58
93
25
36
27
01
69
73
63
58
93
79
34
72
68


1
23
2
3
4
24
5,7
15
26
14
6
12
25
10
8
9
11
16
20
19
17
18

---CABLE ASSEMBLY---

1. START WITH WEIGHT STACK CABLE 2500MM (23)
START BY THREADING END OF THE CABLE WITHOUT THE BALL OVER INTO PULLEY NO.**1**, OVER PULLEY NO.**2**, DOWN AND AROUND PULLEY NO.**3** IN FLOATING PULLEY LOCK, UP AND OVER PULLEY NO.**4** DOWN AND ATTACH TO WEIGHT STACK WITH M12 BOLT AS SHOWN.

2. CONNECT THE PEC DEC CABLE 2750MM (24)

TAKE PEC DEC CABLE ONE END TO PEC DEC ARM AS PICTURED IN PEC DEC ASSEMBLY, USING M10*30MM HEX BOLT (59), M10 NUT (65), M10 WASHER (72) AND M10 NYLON NUT (68) TO SECURE CABLE TO ASSEMBLY, THEN THREAD THE OTHER END OF CABLE OVER PULLEY NO.**5,** DOWN AND AROUND PULLEY NO.**6,** IN PEC DEC PULLEY BLOCK (22) UP AND OVER PULLEY NO.**7**, USING M10*30MM HEX BOLT (59), M10 NUT (65), M10 WASHER (72) AND M10 NYLON NUT (68) TO SECURE CABLE TO ASSEMBLY.

3. START THE BOTTOM CURL BAR CABLE 3010MM (25)

START BY THREADING THE END OF THE CABLE WITHOUT THE BALL UNDER PULLEY NO.**8**, UNDER PULLEY NO.**9**, UP AND AROUND PULLEY NO.**10**, IN FLOATING PULLEY BLOCK, DOWN AND UNDER PULLEY NO.**11**, UP AND AROUND PULLEY NO.**12,** IN FLOATING PULLEY LOCK, DOWN ONTO MAIN BASE 01) USING CHAIN HOOK AND CHAIN TO END OF CABLE. USING 8*45MM HEX BOLT (63) M8 WASHER (73) AND M8 NLYON NUT (69) TO SECURE CABLE.AS SHOWN.

4. START WITH THE LEG PRESS CABLE 5660MM (26)

START BY THREADING THE END OF THE CABLE WITHOUT THE BALL OVER INTO PULLEY NO.**13**, DOWN AND AROUND PULLEY NO.**14,** IN FLOATING PULLEY LOCK, UP AND AROUND PULLEY NO.**15,** IN FLOATING PULLEY LOCK, INTO UNDER PULLEY NO.**16,** INTO AND AROUND PULLEY NO.**17**, INTO FRONT PULLEY NO.**18**, UP AND OVER PULLEY NO.**19,** BACK AND AROUND PULLEY NO.**20,**USING 8*45MM HEX BOLT (63) M8 WASHER (73) AND M8 NLYON NUT (69) TO SECURE CABLE.AS SHOWN.

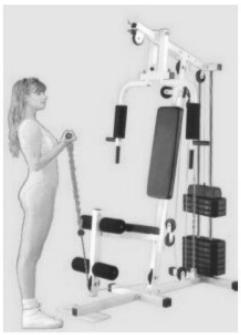
NOTE: IF YOU FIND THAT THE CABLES ARE NOT LONG ENOUGH, USE THE SHORT EXERCISE CHAIN AS AN EXTENSION WITH CHAIN HOOK AS CONNECTORS.

INSTALL WEIGHT COVER (76) TO TOP CROSS BEAM (10) AND LEFT BASE (03). SECURE USING M8*15MM BOLTS (64), M8 WASHER (73) AS SHOWN.

ATTACH HAND GRIP (35) TO LAT BAR (30) AND CURL BAR (31).

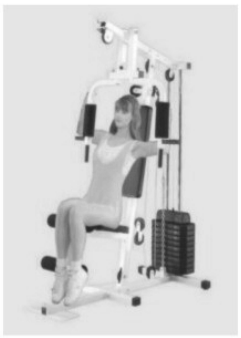
※ **WARNING:** MAAKE SURE ALL CABLES DO NOT RUN OUT OF TRACK FROM ANY OF PULLEYS WHILE YOU ARE IN USE EVERYTIME.

ABDOMINAL CRUNCH



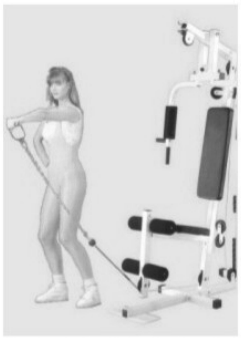
ARM CURL

BENCH PRESS

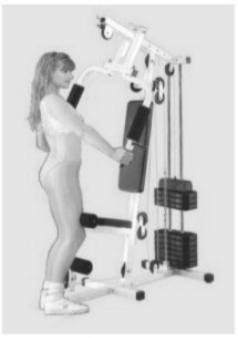


BUTTERFLY

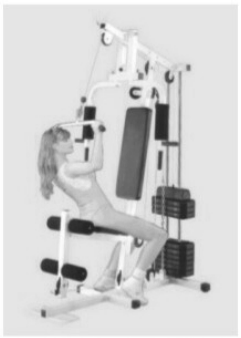
CHEST CABLE CROSS



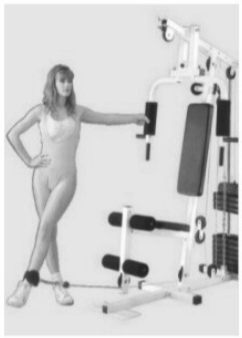
FRONT SHOULDER RAISE



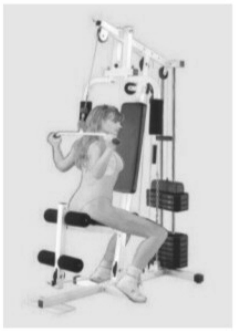
MID ROW



FRONTAL LAT ROW



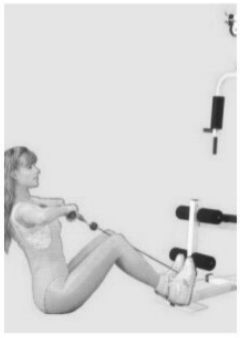
INNTER THHIGH KICK



LAT PULL DOWN

LEG CURL

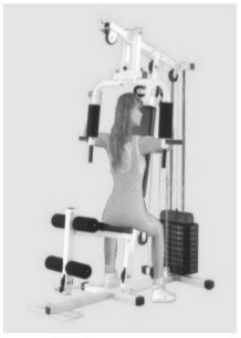
LEG EXTENSION



LOW ROW

MILITARY PRESS

OUTER THIGH KICK

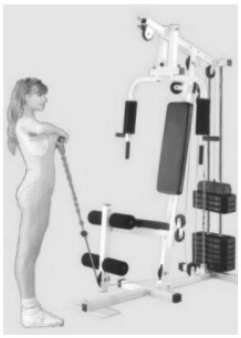


REAR DELT FLIES

SHOULDER SHRUG

SIDE BEND

TRICEP PUSH DOWN



UP RIGHT ROW

Distributed Exclusively by:

GPI Sports & Fitness

275 Wellington Road

Mulgrave, VIC, 3170

Australia.